

IN THE SPECIFICATION

Rewrite the last paragraph on page 5 as follows:

Referring now to FIGS 1-5, the arm exercise mechanism is illustrated.

Q. ~~Lever~~ Lever arms 22 and 23 are pivotaly connected together at one end by to swivel brackets bracket assembly 26 which are is supported on the upper central portion 14e of the frame 14. Frame 14 has a base portion 14b, side portions 14c and 14d, and an upper central portion 14e which runs normally to base portion 14b. The arms extend outwardly away from each other at an angle of about ~~45~~ 35 degrees between each arm and the longitudinal axis of the upper central portion 14e.

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## SUMMARY OF THE INVENTION

The machine of the present invention utilizes a seat and back rest which are hinged to each other. A calibrated adjustment lever is provided on the seat by means of which the seat can be lowered to one of a number of selected positions, with the portion connected to the back rest being lowered more than the front portion. The seat portion carries the lower part of the back rest along with it, bringing the back rest to a preselected angular vertical position. Thus, the machine can be used for a number of different types of exercises merely by a simple adjustment of the seat and back rest.

A pair of opposing <sup>lever arms</sup>~~levers~~ are connected together through a swivel bracket on one end thereof and supported pivotally on the support frame. The two arms run outwardly from each other at an angle of about 35 degrees. Handles are attached to the other end of the arms which are free. Adjustments are provided to adjust the position of the arms and the height of the levers to accommodate various size persons.

It is therefore an object of this invention to provide an improved upper body exercise machine in which the positions of the seat and back rest can be readily adjusted to a selected position between horizontal and angulated vertical positions.

It is a further object of this invention to

1 provide an upper body exerciser in which <sup>the</sup>~~he~~ seat and back rest  
2 can readily be set in any one of a number of different positions.

3 Other objects of the invention will become apparent in  
4 view of the following description taken in connection with the  
5 accompanying drawings.

1 arms for grasping by the user. At a position between the opposite  
2 ends of the arms, the arms are pivotally supported on frame 14 by  
3 means of pivotal support 30. Vertical adjustment apertures 14a  
4 are provided in the frame to permit the height of the arms to be  
5 set for persons of different sizes. As shown in FIG 3, adjustment  
6 apertures are provided in the attachment posts 28a of handles 28  
7 to accommodate various size persons. In addition the posts can be  
8 rotated 180 degrees to accommodate the situation.

9 Posts 32 extend outwardly from the sides of the levers  
10 for mounting weights 33.

11 The user can exercise from a reclined position as shown  
12 in FIG 8, a semi-reclined position, as shown in FIG 9 or a near  
13 upright position as shown in FIG 10, merely by adjusting the  
14 machine to these various positions, as shown in FIG 6.

15 While the invention has been described and illustrated  
16 in detail, this is intended by way of illustration and example  
17 only, the scope of the invention being limited by the terms of  
18 the following claims.

19 I claim:  
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